



# Beet Pancakes

Prep Time: 25 min

Cook Time: 15 min

Serves 4

## INGREDIENTS

- 1 cup all-purpose or whole wheat flour
- 1¾ teaspoons baking powder
- 1½ tablespoons sugar
- ½ teaspoon salt
- ¼ teaspoon ground nutmeg
- ½ cup sliced beets, fresh or canned
- 1 egg, beaten
- ¾ cup milk
- 2 tablespoons vegetable oil

## DIRECTIONS



Start with clean hands!  
Wash your hands with soap and water.

1. If using fresh beets, cook in a pot of boiling water until tender, about 15-20 minutes. Drain off water and cool beets slightly, then peel. If using canned beets, proceed with step 2.
2. In a food processor or blender, puree beets until smooth.
3. In a medium bowl, sift together flour, baking powder, sugar, salt, & nutmeg.
4. In a separate medium bowl, mix pureed beets, eggs, milk and oil. Pour beet mixture into the flour mixture and stir together to form a batter.
5. Preheat a lightly greased griddle over medium-high heat. Drop heaping tablespoons of batter mixture onto the griddle.
6. Cook the pancakes until bubbles begin to form on the top and the edges begin to brown, about 1-2 minutes. Flip and continue to cook until golden brown, about 2 minutes more.
7. Serve with syrup or top with fruit.